

Orange and red onion salad

Serves 4



Ingredients (allergens in bold)

- 3 large oranges
- 1 red onion – thinly sliced
- 1 tablespoon cumin seeds – toasted
- 6 tablespoons olive oil
- 6 - 10 black olives
- a few chopped mint leaves (saving a sprig of mint to garnish)
- ground black pepper

Method

1. Using a small, flexible knife, remove the peel and pith from the top, bottom and sides of the oranges and then slice out the segments holding the orange over a small basin to catch any juice.
2. Arrange the orange slices in a shallow serving bowl.
3. Slice the onion very thinly and arrange on top of the oranges.
4. Sprinkle the oranges and onions with the cumin seeds, black pepper, chopped mint, olive oil and reserved juice.
5. Garnish with mint sprigs and black olives.



Equipment

- chopping board
- sharp knife
- tablespoon
- small basin
- shallow serving bowl

Recipe notes and tips

- This recipe is best made when oranges are in season.
- To toast the cumin seeds, put them in a heavy based saucepan over a medium heat and stir them until the aromas are released. Don't let the seeds burn.